Crisis Lines

EMPACT Suicide Prevention Hotline (Arizona)

Suicide Prevention Center offers comprehensive crisis and community behavioral health services to children, adults, and families. Services are provided in the home or at one of the office locations.

Call: 480-784-1500

Solari Crisis & Human Services (Arizona)

Call: 844-534-HOPE (4673)

Text: 4HOPE (44673)

Chat with a Crisis Specialist →

Teen Life Line (Arizona)

Call: 602-248-TEEN (8336)

988 Suicide & Crisis Lifeline

Call: or text 988

Crisis Text Line

Text: HOME to 741741

The Arizona Sexual & Domestic Violence Helpline

Call: 602-279-2980

Text: 520-720-3383

National Domestic Violence Hotline

Call: 800-799-7233

Text: LOVEIS to 22522

RAINN

Rape, Abuse & Incest National Network

Call: 800-656-HOPE (4673)

SAMHSA's National Helpline

Substance Abuse and Mental Health Services Administration

Call: 800-662-HELP (4357)